

Fun N FITchburg/ Mass in Motion Meeting 4 minutes

January 12, 2010

- **Welcome and Introductions**

Mary Giannetti began the meeting by welcoming everyone and wishing all a Happy New Year. 11 members were in attendance as well as Donna Salloom our technical advisor from the Department of Public Health. Each member introduced themselves and shared what their New Year's resolution was.

- **Vision, Mission and Goals**

Mary Giannetti thanked those who attended the Robert Wood Johnson Foundation Grant press event just prior to the Mass In Motion meeting. Mary iterated the relationship of the RWJ Healthy Kids Healthy Communities and Mass In Motion for those who were unable to attend. Mary briefly described the RWJ timeline and major events attached to it.

- **Community at Large Sector Assessment**

The partners began the assessment of the Community at Large under the direction of Ayn Yeagle. The assessment started with the Nutrition Module and 12 out of the 14 questions entertained are as follows:

Does the City of Fitchburg

1. Connect locally grown foods to local restaurants or retail food establishments?
2. Encourage community gardening initiatives?
3. Promote the purchase of fruits and vegetables at local restaurants and retail food establishments?
4. Institute healthy food and beverage options at local restaurants and retail food establishments?
5. Enhance access to public transportation options to supermarkets and large food outlets?
6. Establish supermarket accessibility?
7. Provide access to Farmers' Markets or farm stand programs?
8. Accept Women, Infants and Children (WIC) Farmers Market Nutrition Program vouchers or Food Stamp Benefits at local farmers' markets?
9. Institute nutritional labeling at local restaurants or retail food establishments?
10. Encourage smaller portion size options at local restaurants and retail food establishments?
11. Ban local restaurants and retail food establishments from cooking with trans fats?
12. Adopt strategies to encourage food retailers (e.g., bodegas, grocery, corner or convenience stores) to provide healthy food and beverage options (e.g., fresh produce) in underserved areas?

The partnership engaged in a lively and enriching discussion as to what existed in Fitchburg and what they would like to see happen in the future as we move toward our action phase of Mass in Motion. All answers were heard and recorded to provide a

consensus for an accurate assessment rating as to how Fitchburg stands at present in regard to these nutrition questions.

Due to lack of time 2 nutrition questions were left undebated. They are as follows:

Does the City of Fitchburg

13. Adopt strategies to recruit large supermarkets in underserved areas?

14. Provide comfortable, private spaces for women to nurse or pump in community venues (e.g., government buildings, restaurants, retail establishments) to support residents' ability to breastfeed?

- **Meeting Adjournment**

- 1) Social media: Trevor Bonilla, Ayn Yeagle and Nancy Fillers are working to create a Fun 'n FITchburg Facebook page. If you are already on Facebook please check your search bar for Fitchburg to see if Fun 'n FITchburg is up and become a FAN!
- 2) Meeting was adjourned at 4:40 PM.
- 3) Next meeting will be February 22, 2010 3:00 at City Hall